

## ABSTRACT

The present invention relates to a composition for preventing, ameliorating or treating a bowel disease, comprising galactomannan and/or arabinogalactan; a liquid food for preventing, ameliorating or treating a bowel  
5 disease, characterized in that the liquid food comprises a protein and galactomannan and/or arabinogalactan; and a composition for preventing, ameliorating or treating an irritable bowel syndrome, comprising degraded galactomannan.